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Governor's Foundation Recognizes Healthier Tennessee Workplaces

New designation celebrates commitment to employee health and wellness

NASHVILLE – The Governor's Foundation for Health and Wellness today announced that 73 businesses and institutions across the state have been named as Healthier Tennessee Workplaces, the first to receive the awards in a new program to recognize organizations that encourage and enable employees to live a healthy lifestyle both at work and at home.

“We all have a role to play in improving the health of our state, and the organizations we recognize today are helping lead the way,” Gov. Bill Haslam said. “They have demonstrated a clear commitment to providing a culture of wellness in their workplaces and are having an impact on employee health, and in turn, the health of our state.”

Healthier Tennessee Workplaces have certified that they have a wellness program in place that does the following:

- Encourages and enables physical activity in the workplace
- Offers healthy eating options at work
- Provides a tobacco-free environment and help with tobacco cessation
- Encourages and enables employees to monitor their own health through regular health risk assessments, screenings or check-ups
- Rewards and recognizes employees for participating in health and wellness activities and achieving health improvements

Rick Johnson, president and chief executive officer of the Governor's Foundation, praised the inaugural group that is being recognized. “The leaders of these Healthier Tennessee Workplaces have created a culture of wellness that encourages and enables employees to be healthier, more productive, and more satisfied with their jobs. It's good for business, and it's good for Tennessee.”

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Places of employment can apply at any time throughout the year. The designation is granted for one full year with an opportunity to renew on an annual basis.

Those interested in becoming a Healthier Tennessee Workplace should apply at www.healthiertn.com/workplace. A company representative must register for Small Starts @ Work, then use the Small Starts tool to enter information about the healthy practices the company has in place to promote physical activity, healthy eating and tobacco cessation.

Companies that don't currently have an ongoing wellness program can use Small Starts @ Work, a free, online tool, available through the Healthier Tennessee initiative, to get started and become eligible.

Small Starts @ Work provides employers with tips, ideas and actions to help employees get healthier together. It is simple to use and can be adapted for businesses and organizations of all sizes. The toolkit is optimized for use on desktops, tablets and smartphones.

About the Governor's Foundation for Health and Wellness

The Governor's Foundation for Health and Wellness is a non-profit corporation dedicated to enabling and encouraging Tennesseans to lead healthier lives. Based in Nashville, the Foundation brings together a statewide coalition of employers, health insurers, hospital systems, local governments, school systems and healthcare-focused foundations and community organizations to effect positive, measurable change. The Foundation's Healthier Tennessee initiative strives to increase the number of Tennesseans who are physically active for at least 30 minutes five times a week, promote a healthy diet, and reduce the number of people who use tobacco.

Healthier Tennessee Workplaces

East Tennessee

BAE Systems
Baptist Medical Group
BlueCross BlueShield of Tennessee
BlueCross BlueShield of Tennessee – Knoxville
BlueCross BlueShield of Tennessee – Northeast Tennessee
Cigna
City of Chattanooga
Eastman Chemical Company

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East Tennessee cont.

JD Metals
Knox County Health Dept.
Laughlin Memorial Hospital
LeConte Companies
Mountain States Health Alliance
Northeast Tennessee Regional Health Office
Southern Adventist University
Sullivan County Regional Health Dept.
United Way of Greater Chattanooga
Volkswagen Chattanooga
YMCA of East Tennessee

Middle Tennessee

American Heart Association – Greater Nashville
Amerigroup of Tennessee
BlueCross BlueShield of Tennessee – Nashville
Healthways
Leadership Tennessee
LifePoint Hospitals – Hospital Support Center
Nissan North America
NourishWise
OnLife Health
Rutherford County Health Department
State of Tennessee
UnitedHealthcare Community Plan of Tennessee
United Ways of Tennessee
UT Extension – Sumner County
Vanderbilt University
Vanderbilt Health 100 Oaks
Walgreens
Williamson County Government

West Tennessee

Baker Donelson
Baptist Medical Group
Baptist Memorial Healthcare Corporation
Baptist Memorial Hospital - Collierville
Baptist Memorial Hospital - DeSoto
Baptist Memorial Hospital - Memphis

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West Tennessee cont.

Baptist Memorial Hospital - Tipton
Baptist Memorial Hospital for Women
Baptist Rehabilitation Germantown
BlueCross BlueShield of Tennessee - Jackson
BlueCross BlueShield of Tennessee - Memphis
Church Health Center
First Horizon National Corporation
Le Bonheur Children's Hospital
Lipscomb & Pitts Insurance, LLC
Medtronic Spine
Memphis Business Group on Health
Methodist Extended Care Hospital
Methodist Fayette Hospital
Methodist Le Bonheur Germantown Hospital
Methodist Le Bonheur Healthcare
Methodist North Hospital
Methodist South Hospital
Methodist University Hospital
Regional One Health
Rhodes College
Ring Companies
Saint Francis Hospital - Bartlett
Saint Francis Hospital - Memphis
Shelby County Government
St. Jude Children's Research Hospital
The City of Germantown Government
The City of Memphis Government
The University of Memphis
United Way of the Midsouth
West Tennessee Healthcare

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